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Food consumption and cardiovascular risk in disease-free women with polycystic ovary syndrome: a cross-sectional study in Northeast Brazil

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Objective: To investigate the association between dietary intake, nutritional status and cardiovascular risk markers in women with polycystic ovary syndrome (PCOS) without other chronic diseases.

Methods: This cross-sectional study included 59 women diagnosed with PCOS and 126 age-matched healthy controls. Data collected consisted of socio-demographic and behavioral variables, weight, height, body mass index (BMI), waist circumference (WC), waist-to-height ratio (WHTR), lipid accumulation products (LAP), serum triglycerides (TG) level, body fat percentage (BFP), and food consumption. Quantitative and qualitative food intake were verified by applying a food frequency questionnaire.

Results: BMI, WC, WHTR and LAP index values as well as TG levels, but not BFP values, were significantly increased in the PCOS group as compared to controls ($p < 0.05$). In the control group, eutrophic women had slightly higher TG levels, whereas obese women were younger in the PCOS group ($p < 0.05$). In both groups, the consumption of carbohydrates and proteins was adequate, but fiber intake was insufficient. In the PCOS group, energy consumption was excessive, while carbohydrate intake was higher than in controls, but adequate.

Conclusion: Although disease-free PCOS women showed enhanced inadequacy in dietary intake and nutritional status and increased cardiovascular impairment, no correlation between dietary intake, nutritional status and cardiovascular risk markers was found.

Key words: Polycystic ovary syndrome; Eating; Cardiovascular diseases; Nutritional status.